

## USU COUNSELING AND PSYCHOLOGICAL SERVICES REACH PEER PROGRAM

REACH Peers are volunteer undergraduate students who are seeking experience working in a counseling center. Peers divide their time between clinical hours (working with clients on skills training) and work on outreach projects. Peers go through an intensive training program, beginning shortly after they are selected and continuing during the first four weeks of the academic year. The training program covers professional ethics and basic counseling skills. REACH Peer positions are available to individuals who will be juniors or seniors next year. Persons selected must be available for the entire academic year and work under the direction of the USU Counseling and Psychological Services.

REACH Peers volunteer an average of 6-7 hours per week, including 1.5 hours in a weekly training/planning meeting, 1 hour for individual supervision (with a CAPS staff member), 2 hours spent with individual clients working on relaxation, stress management, social skills and/or assertiveness training, and 1.5 hours per week on planning and providing outreach.

Initial training will begin in April (2 sessions) on Tuesdays or Wednesdays from 5 - 9 p.m. and continue in September (extended weekly meetings for the first 2 weeks). There will also be a retreat on a Saturday in early September. Credit may be available for Psychology and FCHD majors for the REACH Peer experience, but Peers must talk with department advisors and complete paperwork PRIOR to Fall Semester.

In this position, we consider direct work with individuals and prevention-oriented programming to be equally important. Applicants will be evaluated on their aptitude for: listening to individuals, planning and presenting programs, and working as a team member with the other peers and Counseling and Psychological Services professional staff. In addition, we look for "a good fit" in terms of student needs. We try to select REACH Peers who can reach out to various parts of the campus community. Based on the applications, we will invite 12-15 applicants for group interviews. Of those, 8-10 will be selected for the REACH Peer positions. If you have any questions, you are welcome to visit with this year's Peers by calling the Counseling and Psychological Services at 797-1012.

*Note: The staff of CAPS value individuals participating in their own therapy, however, a student cannot be both a REACH Peer and a client in the same semester.*

**Applications available in TSC306 or <http://www.usu.edu/counseling/training/peerapp.cfm>**

All applicants must provide two (2) letters of reference from qualified individuals who know them well enough to comment on work habits/dependability, teamwork and interpersonal skills. These letters should include phone numbers and email addresses if available for follow-up contact as needed. **Letters are due Friday, March 9, 2012.**

**Letters should accompany your application and should be in paper format.**

Applications should be sent to: REACH Peer Coordinator  
USU CAPS  
0115 Old Main Hill  
Logan UT 84322-0115

**APPLICATION AND LETTERS OF REFERENCE DUE FRIDAY, MARCH 9TH BY  
5:00 P.M. IN TSC 306**

## REACH PEER – APPLICATION

Name:	<input type="text"/>	Email:	<input type="text"/>
A#	<input type="text"/>	Phone:	<input type="text"/>
Local Address:	<input type="text"/>		
Permanent Address:	<input type="text"/>		
Current Student Status:	<input type="text"/>	Major:	<input type="text"/>
Anticipated Graduation Date:	<input type="text"/>		

### COMMITMENT:

REACH Peer work requires a commitment of approximately six (6) hours per week for both Fall and Spring Semesters:

1.5 hours training/planning meeting (usually Tuesdays 5:15 p.m.)

1 hour supervision (w/ Counseling and Psychological Services staff) *to be scheduled each semester*

2 hours working with individual clients (matched to your schedule - Monday - Friday 8 - 5)

1.5 hour planning and providing outreach (mainly at your availability)

**Are you willing to make such a commitment?**  Yes  No

Initial training will begin in April (two sessions) and continue in September (two sessions).

These are evening sessions held once a week from 5 - 9 p.m.

**Are you willing to make such a commitment?**  Yes  No

Some planning will need to be done over the summer via e-mail, which will require checking your e-mail on a regular basis and responding quickly.

**Are you willing to make such a commitment?**  Yes  No

All applicants must provide 2 letters of reference from qualified individuals who know you well enough to comment on work habits/dependability, teamwork and interpersonal skills. This reference should also be recent (last 1-2 years). If at all possible, one of the letters should be from a faculty member or staff member. These letters should include phone numbers and email addresses if available for follow-up contact as needed.

**Letters are due Friday, March 9th and should accompany the application.**

**On a separate sheet or paper please answer the following:**

1. Describe your interest in organizing and presenting presentations and campus outreach events. What skills qualify you to lead an outreach event?
2. Describe your interest in working with individual clients. What skills do you possess that will help you to work effectively with clients?
3. Define your interpersonal strengths as well as your interpersonal growth points:
4. Discuss your experience with and appreciation of diversity:
5. Identify specific groups or offices on campus with whom you have connections or with whom you are interested in working:(e.g. Career Exploration; Women's Center; RHA, Multicultural or International Students)
6. List any educational events, projects or workshops you would like to see REACH Peers provide next year:
7. List the classes you have taken in psychology or other behavioral/social sciences. Please describe the two or three most important things you have learned in these classes:

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